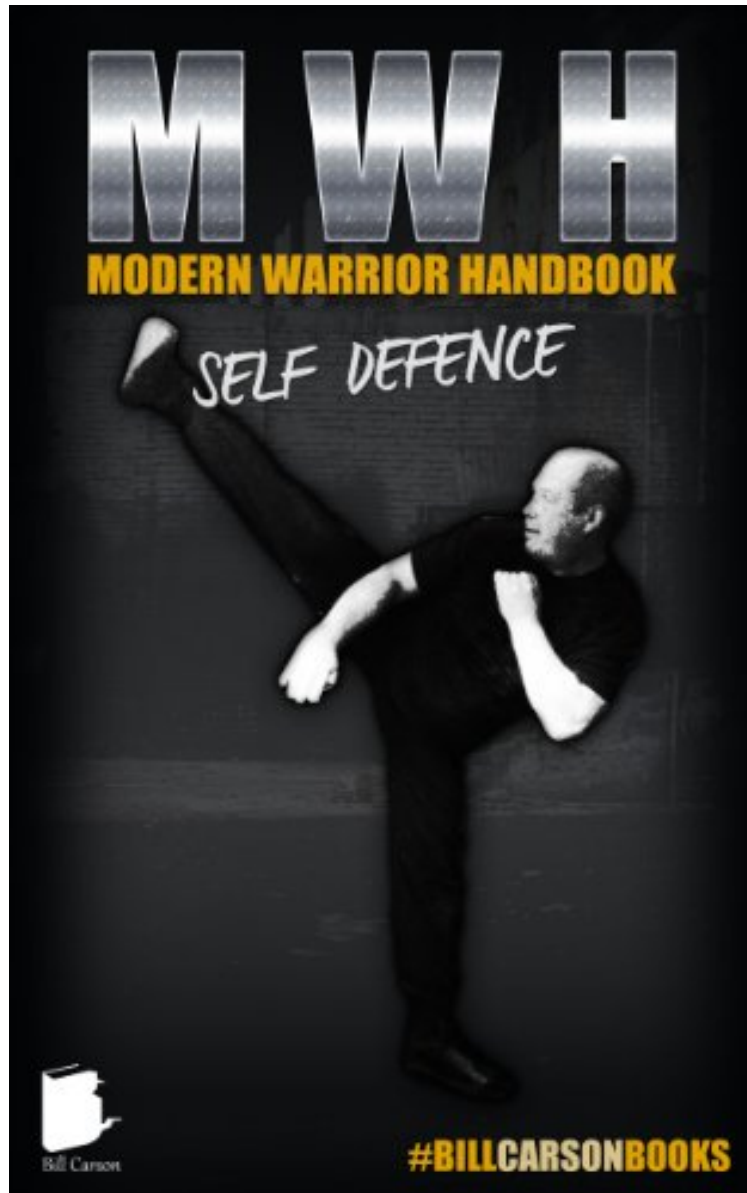


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## Modern Warrior Handbook Self Defense: Self Defense - Real street fighting self defense (English Edition)

*Von Bill Carson*

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Produktinformation - Verkaufsrang: #1073693 in eBooks Veröffentlicht am: 2012-09-19 Erscheinungsdatum:  
2012-09-19 File Name: B009EDBOFO | File size: 43.Mb

**Von Bill Carson : Modern Warrior Handbook Self Defense: Self Defense - Real street fighting self defense (English Edition)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Modern Warrior Handbook Self Defense: Self Defense - Real street fighting self defense (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Really interesting and informative !Von Mr. MagnusO.K. first of all I'm not a martial artist or self-defence teacher or something like that.But I practised self-defence and martial artist for a great time of my life.I practised several martial arts during my lifetime..Also I'm just a student I think I've gained some knowledge about this theme.And of course you can't learn self defence only from a book !!!!This book is really great. It informs you in short easy words about what can be used for self defence.To bring it together: Keep it simple.And so is the book. In simple words the simple effective techniques which are not from an special martial arts school or military unit but from the experiences of a bouncer. So really the basic school of street fight I would call it.Also some general tips which are simple but should be in you mind like be aware of what is around you etc.For me a great book worth the to read and to keep in mind !!!!Really the basics !!!!

KurzbeschreibungMWH - Modern Warrior HandbookWhat I have done is try to clear a path through the somewhat unrealistic, prearranged way of fighting that is common in the martial arts world where much of what is taught would be of little use in a real street fight.However there are aspects of Karate for example which can be adapted and applied in real fight situations, these techniques, strategies and ideas have been gained from a process of trial and error.My martial arts and boxing training was all I had to rely on when faced by drunken violent weekend warrior's intent on my destruction when I worked as a bouncer. The same techniques and strategies that defeated them will now be offered to you. - in this volume: Awareness, Anatomy, Common attacks and counter strikes, Natural weapons, Knife defence, the last chance techniques and much more.KurzbeschreibungMWH - Modern Warrior HandbookWhat I have done is try to clear a path through the somewhat unrealistic, prearranged way of fighting that is common in the martial arts world where much of what is taught would be of little use in a real street fight.However there are aspects of Karate for example which can be adapted and applied in real fight situations, these techniques, strategies and ideas have been gained from a process of trial and error.My martial arts and boxing training was all I had to rely on when faced by drunken violent weekend warrior's intent on my destruction when I worked as a bouncer. The same techniques and strategies that defeated them will now be offered to you. - in this volume: Awareness, Anatomy, Common attacks and counter strikes, Natural weapons, Knife defence, the last chance techniques and much more.